Supplementary table 1: General characteristics of participants according to quartiles of animal-based and plant-based low-carbohydrate-diet score [a]

Maternal characteristics	Animal-based low-carbohydrate-diet score				P[b]	Plant-based low-carbohydrate-diet score				P[b]
	Q1	Q2	Q3	Q4		Q1	Q2	Q3	Q4	
Total	115	98	105	108						
Pre-pregnancy BMI, kg/m^2	20.2±2.5	20.6±2.6	19.7±2.3	20.2±2.4	0.075	19.8±2.3	20.4±2.5	20.0±2.4	20.5±2.5	0.142
Gestational weight gain, kg	15.2±4.2	15.6±4.4	14.9±3.7	14.8±5.1	0.567	14.8±3.6	15.1±4.6	15.5±4.7	15.0±4.4	0.709
Postpartum weight retention, kg	6.9±10.7	2.4±6.5	4.0±7.8	2.3±8.0	<0.001	7.2±12.1	2.9±8.3	3.3±6.4	2.9±6.1	0.001
Delivery age, years	27.5±4.3	27.2±4.3	27.0±3.8	27.1±4.2	0.755	27.3±4.1	27.4±4.5	27.4±4.0	26.7±3.9	0.503
District					0.049					0.335
Urban women	65 (56.5)	46 (46.9)	40 (38.1)	55 (50.9)		45 (44.6)	63 (54.3)	50 (50.5)	48 (43.6)	
Suburban women	50 (43.5)	52 (53.1)	65 (61.9)	53 (49.1)		56 (55.4)	53 (45.7)	49 (49.5)	62 (56.4)	
Maternal educational level					0.269					0.720
Junior school or less	45 (39.5)	51 (52.0)	45 (43.3)	38 (35.2)		38 (37.6)	48 (41.4)	42 (42.9)	51 (46.8)	
Senior middle school	37 (32.5)	30 (30.6)	33 (31.7)	39 (36.1)		37 (36.6)	34 (29.3)	34 (34.7)	34 (31.2)	
College or above	32 (28.1)	17 (17.3)	26 (25.0)	31 (28.7)		26 (25.7)	34 (29.3)	22 (22.4)	24 (22.0)	
Paternal educational level					0.025					0.277
Junior school or less	38 (34.5)	43 (44.3)	33 (31.7)	25 (23.1)		27 (26.7)	38 (33.6)	32 (33.3)	42 (38.5)	
Senior middle school	33 (30.0)	26 (26.8)	41 (39.4)	49 (45.4)		37 (36.6)	36 (31.9)	41 (42.7)	35 (32.1)	
College or above	39 (35.5)	28 (28.9)	30 (28.8)	34 (31.5)		37 (36.6)	39 (34.5)	23 (24.0)	32 (29.4)	
Family yearly income, yuan					0.083					0.289
Low	25 (26.9)	34 (41.0)	38 (40.0)	44 (47.3)		34 (41.0)	39 (38.2)	29 (36.7)	39 (39.0)	
Middle	47 (50.5)	39 (47.0)	45 (47.4)	37 (39.8)		39 (47.0)	42 (41.2)	35 (44.3)	52 (52.0)	
High	21 (22.6)	10 (12.0)	12 (12.6)	12 (12.9)		10 (12.0)	21 (20.6)	15 (19.0)	9 (9.0)	
Delivery mode					0.029					0.190
Vaginal	64 (56.1)	47 (48.5)	66 (63.5)	48 (44.4)		60 (60.0)	57 (49.1)	46 (46.9)	62 (56.9)	
Cesarean	50 (43.9)	50 (51.5)	38 (36.5)	60 (55.6)		40 (40.0)	59 (50.9)	52 (53.1)	47 (43.1)	
Physical activities postpartum, frequency					0.137					<0.001
Never	63 (56.3)	42 (43.8)	49 (47.1)	59 (54.6)		67 (67.0)	66 (58.4)	40 (40.8)	40 (36.7)	
Sometimes	19 (17.0)	30 (31.3)	20 (19.2)	21 (19.4)		20 (20.0)	20 (17.7)	21 (21.4)	29 (26.6)	
Always	30 (26.8)	24 (25.0)	35 (33.7)	28 (25.9)		13 (13.0)	27 (23.9)	37 (37.8)	40 (36.7)	
Breastfeeding durations, months					0.232					0.351
< 3 months	6 (5.2)	9 (9.3)	7 (6.7)	9 (8.3)		3 (3.0)	11 (9.5)	8 (8.1)	9 (8.3)	
3~6 months	43 (37.4)	24 (24.7)	24 (22.9)	34 (31.5)		37 (36.6)	34 (29.3)	25 (25.3)	29 (26.6)	
>6 months	66 (57.4)	64 (66.0)	74 (70.5)	65 (60.2)		61 (60.4)	71 (61.2)	66 (66.7)	71 (65.1)	

[a] All values are means ± SD for continuous variables and n (%) for categorical variables.

[b] Obtained by one-way ANOVA for continuous variables or $\chi 2$ test for categorical variables.